



Hands that are taught  
to see . . . . .

*Yiplo  
Israel*



*...a Road to Hope*



We  
invite  
you

(through these pages)

to visit our Rehabilitation Center  
for the Blind in Israel.

You will see what is being done  
to return blind men and women  
to their rightful place  
in a seeing world.

*Rose Blochen*

*National President*

# FIRST STEPS ON THE ROAD TO



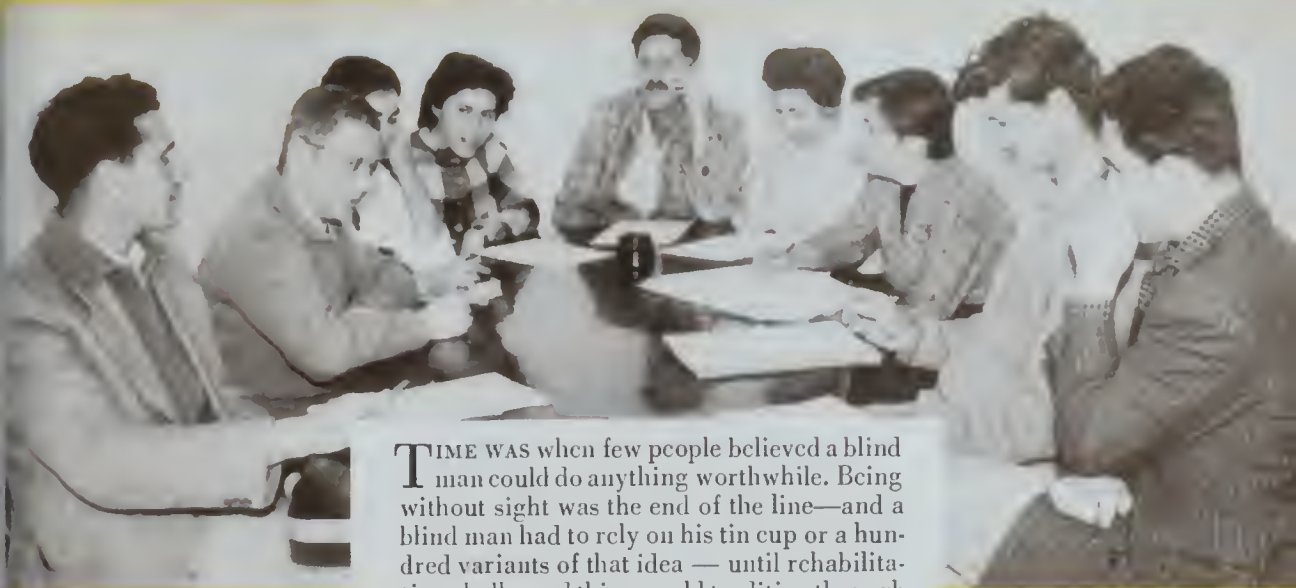
The interview with the Center's caseworker furnishes background material and is the first step a candidate takes for admission to the Rehabilitation Center.

The medical examination determines the condition of the eyes and body. All candidates must be certified by our medical department before being accepted at the Center.





# NEW LIFE AND NEW HOPE



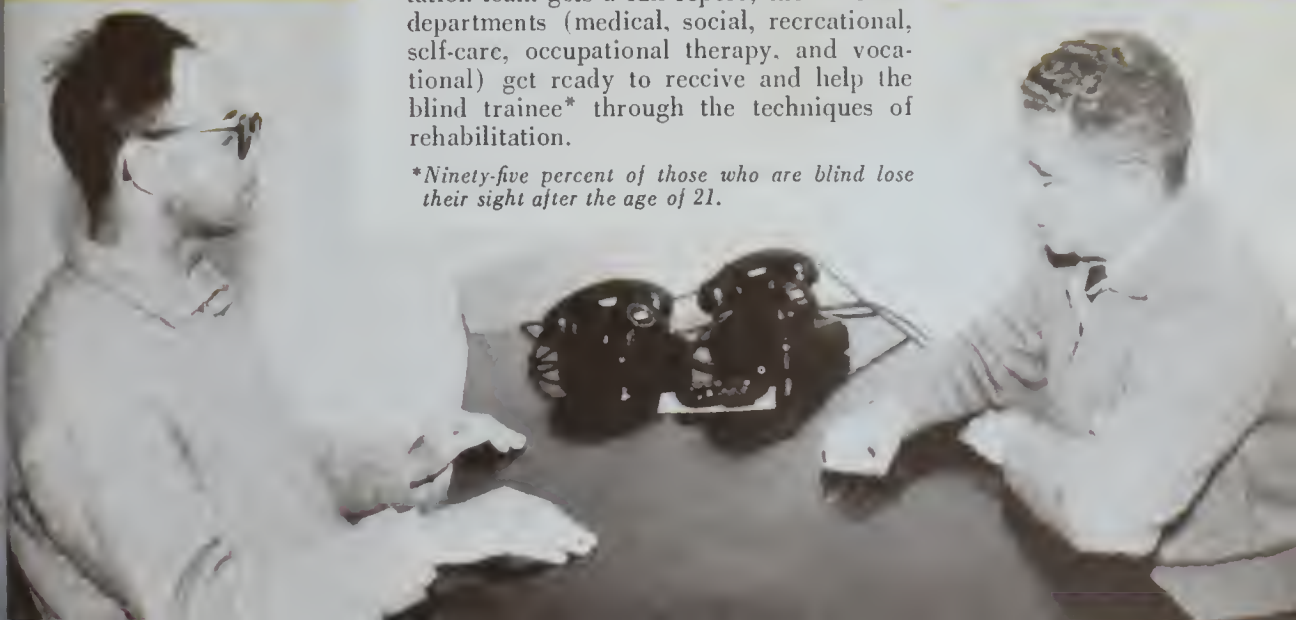
The Rehabilitation Team representing various departments of the Center's services confer on cases and lay out training programs based on the needs of each blind individual.

**T**IME WAS when few people believed a blind man could do anything worthwhile. Being without sight was the end of the line—and a blind man had to rely on his tin cup or a hundred variants of that idea — until rehabilitation challenged this age-old tradition through centers such as the American Israeli Light-house Center now serving Israel's blind.

It takes a lot of courage and a heap of patience to put a blind man or woman back into the seeing world. But it can be done. Before he can enter the center, a blind candidate has to be interviewed by our social worker who gets a full record of the case, etc. He then gets a complete examination to make sure that he's physically fit to undergo rehabilitation training. After that, the rehabilitation team gets a full report; the different departments (medical, social, recreational, self-care, occupational therapy, and vocational) get ready to receive and help the blind trainee\* through the techniques of rehabilitation.

*\*Ninety-five percent of those who are blind lose their sight after the age of 21.*

A candidate is formally welcomed to the Center by the Administrator who outlines the Center's program routine and regulations.



# LEARNING TO MEET THE



Each newcomer, in his room at the Center, is briefed as to his responsibilities and his initial training schedule.



Every trainee is required to keep his room ship-shape, mopping and sweeping the floor and making his bed.

Once a week rooms are emptied and bedding aired for a thorough cleaning.



# DEMANDS OF DAILY LIVING



Shaving without the benefit of sight is a skill every male trainee must acquire.

Knowing how to sew on buttons and make minor repairs is a lesson in self-management, successfully.



HERE THE JOB of rehabilitation begins in earnest. The new trainee now in his room at the center learns to be self-reliant from the word "go". He is taught how to keep his room in apple-pie order. Sweeping, cleaning, washing, making his own bed, etc. are some of the skills he'll soon learn. These will be skills he'll find most useful when he gets back home — skills which will make him feel he doesn't have to depend on someone else.

A trainee must learn to shave. Another chore is keeping his shoes shined, or sewing buttons on a shirt or dress. Then, there are minor repairs that come up, now and then, in everyday life, or washing and ironing one's clothes — all this is part and parcel of the rehabilitation training program. And that is only a fraction of the steps to be taught, learned and mastered. . . .

CONTINUED



The Braille practice clock teaches blind people how to tell time.

Having mastered the technique of telling time, a rehabilitant uses her Braille wristwatch





# LESSONS LEARNED

Ever try dialing  
with your eyes  
closed? This  
trainee has  
learned how.



Polishing shoes is a regular chore. The shoe-kits  
were made in the Center's shop by blind trainees.

Every trainee is taught to  
iron his own clothes  
— a preparation for  
proper grooming.





# FOR TOMORROW'S LIVING



Braille — the raised dots that enable people to read and write

Going about our daily business is something we all take for granted. This is so because we have our gift of sight, and it makes for our personal independence. But take the fellow who wakes up one day with eyes that no longer see. Let's face it — this happens everyday. The suddenly blinded person finds himself a pretty helpless individual, unable to do those simple everyday tasks he took as a matter of course. He has to learn again to

do these simple tasks along with a lot of major ones, like a job, traveling, etc., if he ever expects to regain his independence. He has to learn how to tell time, to use a telephone, to type both on a Braille and standard machine and do a carload of other things in a permanent "blackout", so to speak. This is part of the deal for meeting the demands of daily living. This is the business of rehabilitation.



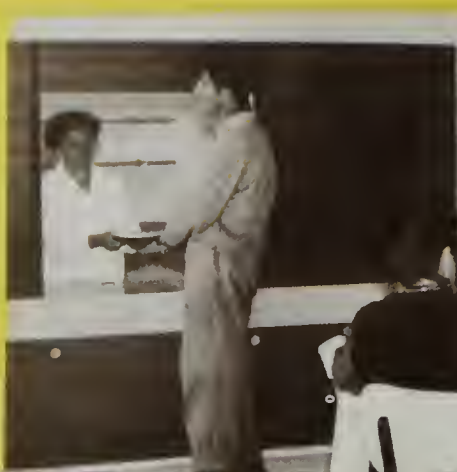
Trainees at the Center learn to use the Braille typewriter.



For communication with seeing people, standard typing is taught.

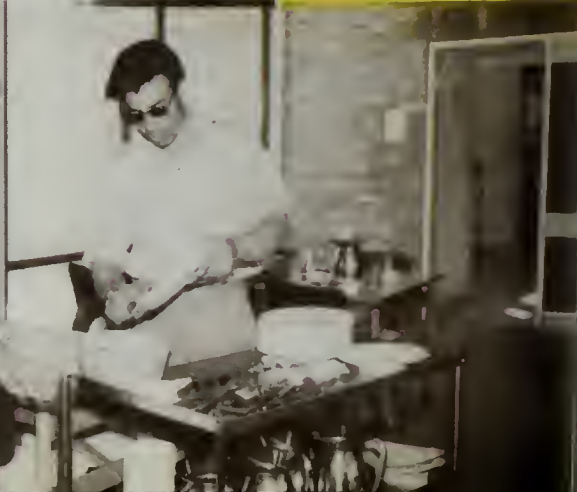
# SOME LESSONS IN

Getting a first lesson  
in table etiquette—  
good table manners  
are acquired with  
great difficulty by  
blind people.



But good manners  
can be mastered —  
Blind people at lunch  
at the Center's  
dining room.

Trainees  
clearing away the  
dishes after  
the noonday meal.



# RUNNING A HOUSEHOLD



Cutting bread without the benefit of one's eyes is a feat.



Homemaking begins early in the rehabilitation program especially for women trainees.



And then there is the dishwashing — On a rotating basis, groups of trainees are assigned to K.P.



Cooking on a primus stove. Many homes in present-day Israel have only this type of stove for cooking.

WHILE we're well on our way, we've still a long way to go. As we said a page or so ago, everyday living has to be learned all over again and under the most difficult circumstances when someone loses his sight. Eating is one of the hard chores to be mastered if a blind fellow expects to live and work among the sighted. Yes, he has to learn to use his knife, fork, and spoon correctly, to handle hard and liquid foods with dispatch, and to pour water, milk or coffee with-

out overshooting the mark. You can take our word for it: it's a hard nut for a blind person to crack. As you can see from the pictures, he can do it — not only that, but he can be pretty efficient in clearing away the dishes and washing them, too.

Important training for sharing later household chores? Of course! It also leads naturally to the next step, training to prepare food and cook in his or her own house, when the trainee leaves the center.



# THIS CANE HAS



"Squaring the corner" one of the techniques of cane travel which helps a blind person to cross safely at corners.



Here on the Center's simulated street intersection the trainee shows how effectively he can cross.

A set of steps on the Center's grounds enables a trainee to master such obstacles.



Off on a trip to the City, the trainee, followed by the instructor, shows how, with proper use of his cane, he can stay on the sidewalk and avoid the tree trunks.



# MADE HIM FREE



Getting on and off buses is a "must" in a blind man's training program. It requires skill and courage.



**T**O TRAVEL our trainee is first taught to use a cane. Experience has convinced a great many in the field of blindness that the cane is desirable because it makes the trainee rely upon himself, it's economical. To meet the situation realistically, we've laid a regular street, with sidewalk, intersection and all, right on our grounds. Here the blind trainee gets his first experience in crossing streets safely at the corner.

(Incidentally, it is the American Israeli Lighthouse that first introduced scientific cane-travel into Israel.) You can be sure that

the fellow who puts his faith in his cane (in reality in himself) shows a courage and resourcefulness that will be mighty important in other phases of rehabilitation. Traveling is full of hazards; but he has his cane and his training to sustain him, under the watchful eye of the instructor. The trainee, however, can't walk all the time; therefore, he's trained most rigorously in boarding and disembarking from buses and trains. Arriving at his stop, the trainee needs to cross a street in order to shop at a particular store, and for this he is well prepared. Traveling on his own can be done by a blind man.

The traditional game  
of "nine-pins" altered  
so that blind people  
can play it.

A bell in the medicine  
ball warns the receiver  
that the ball is coming  
towards him.



# WAY TO FUTURE JOBS



Knitting makes leisure hours pleasant and fruitful.



In occupational therapy, both men and women are taught to use the hand-operated sewing machine.



Metal tooling is a gratifying hobby — it also shows a trainee how to use tools.

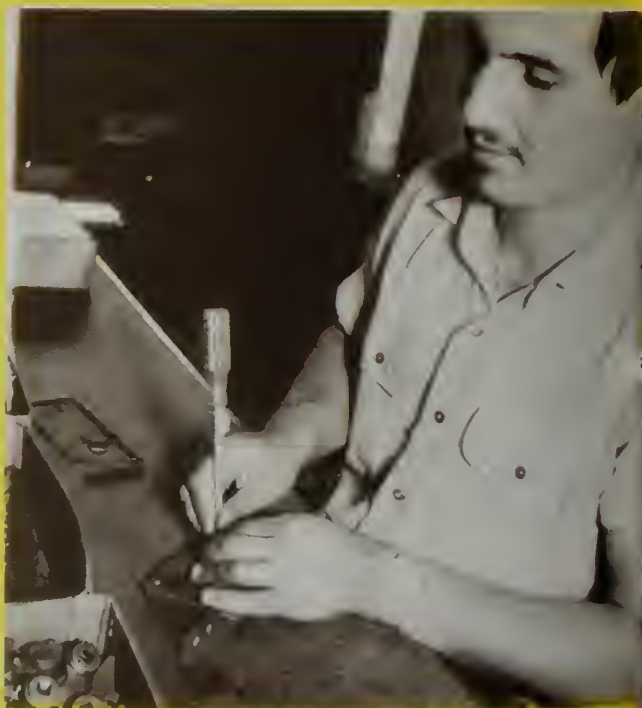
OCCUPATIONAL THERAPY provides many things: here our blind trainees learn all sorts of handicrafts as well as how to sew, wash, knit and iron. While handicrafts, especially, provide the trainee with many hobbies like metal-craft, woodwork, ceramics, leather tooling, etc., they also provide staff members with important information in regard to vocational plans which are the next step in the rehabilitation program. Hobbies test out manual dexterity, the ability to manipulate materials, and skills in coordination and in following patterns. At the same time, then, that the Center's trainees are filling out their leisure hours in an enjoyable and profitable way, the groundwork is being laid for the job which is the culmination point of the process of rehabilitation.



# VOCATIONAL TRAINING AND THE



The workshop supervisor tests a trainee's dexterity.



Dismantling and reassembling a spring lock—a test to be passed by mechanically adept trainees.

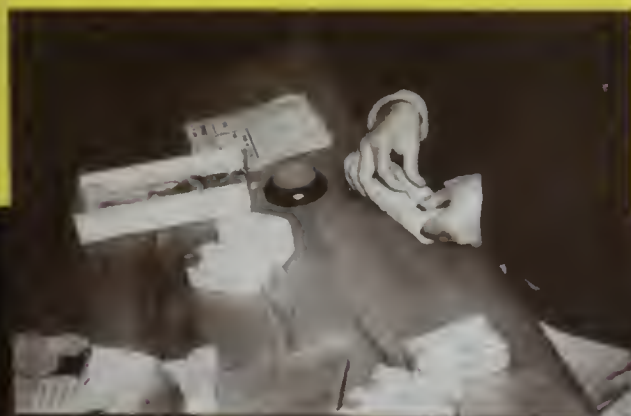


# ROAD BACK TO THE SEEING WORLD

**I**N THE Vocational Workshop — where all the training that took place up to now will be put to the test. The steps from hand tools to power tools have to be carefully graded and cautious. Among the first steps is dismantling fairly complicated mechanisms, like spring locks, and reassembling them again in perfect working order. Some will be trained for routine jobs, like assembly work and packaging; others because of ability will be encouraged to go to higher centers of learning. Many however, will find their way

to power-driven equipment, such as, the lathe, drill press, circular saw, sewing machine and many other mechanical devices. Equipped with specific, as well as general, skills, our trainee will then be ready to leave the center completely and to take his place in his home, in his community and at his job, after having learned how to cope with the demands of daily living in matters of self-care, home management, shopping, so-

CONTINUED



Training in assembly-line work and packaging.



# TO HIS HOME, TO HIS



The drill press presents no obstacles to the blind trainee who has learned to handle it.

cial needs and job requirements. A placement officer, working closely with each trainee, has the job of placing him in the best job available, thus bringing the rehabilitation cycle to a happy close. . . .

So the doors of the Rehabilitation Center, which bade them welcome when they needed to learn the skills and techniques for living and working in a sighted world, now sends them forth—as determined men and women, who’ve mustered their “inner resources”, their innate skills and their courage, confident in the knowledge that they can hold their own, like you and me, in the seeing community.



The lathe can be mastered by blind men with seeing hands.

# COMMUNITY, TO HIS JOB



Power-driven sewing machines. On this equipment, our trainees are making sheets, pillow-cases and towels. Their next step will be employment in open industry.







A PANORAMA VIEW OF THE AMERICAN ISRAELI LIGHTHOUSE  
REHABILITATION CENTER FOR THE BLIND.

So that our Rehabilitation staff, with able and highly trained personnel, may be ready to serve so many of Israel's blind and return them, as self-reliant and self-supporting citizens, to the seeing world, we solicit your continued friendship and your generous support.

HELP US TO HELP THEM

AMERICAN ISRAELI LIGHTHOUSE  
654 Madison Avenue, New York City 21

TO HELP THE BLIND TO HELP THEMSELVES,

I hereby contribute the sum of \$ .....  
to your organization.

Name .....

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